



Upland Recreation & Community Services Division

Week of August 24, 2020

A Helpful Handbook

- A List of Helpful Phone Numbers
- Encouraging Words
- Resources & A Word Search Puzzle
- From Us To You, To Help You Get Through These Unsettled Times



The Gibson Senior Center Staff
would like to express that you are all in our thoughts,
and even though our senior center is closed to the public,
the staff is still here working Monday - Friday, 8:30 a.m. to 5:00 p.m.
to take your calls and answer any questions or concerns you may have.

George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786
(909) 981-4501



Hello To Our Seniors!
Hope everyone is doing well!

As the weather is getting hotter, we wanted to remind you that our senior center is a designated cooling station and will be open from 11:00 a.m. to 6:00 p.m. when temperatures reach 100 degrees or higher. There is limited space so please contact our front office for more information.

Mark your calendar! On Tuesday, September 8th, the Gibson Senior Center will be a COVID-19 Testing site. The San Bernardino County of Public Health will be offering free COVID-19 tests to the community.

All appointments for testing will be made through the County.
For more information please contact our office at (909) 981-4501.

**Just a reminder, the Senior Center will be closed on
Monday, September 7th in observance of Labor Day!**

As always, Stay Safe!



Helpful Numbers

Food Assistance

CalFresh... (909) 912-6118 www.211sb.org

A Supplemental Food Assistance Program.

Community Action Partnership.... (800) 635-4618 www.capsbc.org

Offers Food Pantry County Wide As Well As Other Human Services

Feeding America Food Pantry.... (951) 359-4757 www.feedingamericaie.org

County Food Pantry

FSA (Family Service Association).... (951) 342-3057 www.fsaca.org

Senior Nutrition Program

Housing Issues

Inland Fair Housing & Mediation Board... (800) 321-0911 www.ifhmb.com

A HUD Approved Counseling Agency

Senior Human Services

Department of Aging & Adult Services.... (909) 891-3900

www.hss.sbcounty.gov/daas

Area Agency on Aging

San Bernardino County Resources.... 211 or 1-888 435-7565 www.211sb.org

Provides Elder Assistance, Food, Clothing, Crisis Services

Senior Resources

Aging Next.... (909) 621-9900 www.agingnext.org

Provides Senior Resources.

Senior Support

Alzheimer's Association of Greater Los Angeles... (844) 435-7259

www.alzheimersla.org

Provides support & services for those with Dementia & Alzheimer's Issues.

Inland Caregiver Resource Center.... (800) 675-6694 www.inlandcaregivers.org

Provides Support & Respite for Caregivers

West End Family Counseling.... (909) 983-2020 www.wefcs.org

Provides Senior Counseling.

Taxes

AARP Tax Aid Program... (605) 549-5168

Answers questions for those who have already filed taxes this year.

Transportation

ACCESS "Curb To Curb" OmniTrans.... (909) 379-7160 www.omnitrans.org

Door To Door Shuttle Services. Eligibility & Application Process.

City Offices

George M. Gibson Senior Center..... (909) 981-4501

Community Senior Center Offering Various Programs, Activities & Services

Upland City Hall.... (909) 931-4100

Upland Fire Department.... (909) 356-3805

Upland Police Department (Non-Emergency)..... (909) 946-7624

For Life Threatening Emergencies.... 911

Upland Public Works ... (909) 291-2930

Upland Recreation Department... (909) 931-4280

www.uplandca.gov

**Local Grocery Stores
That Have Adjusted Their Hours For
Seniors 65 Years or Older**

Smart & Final

(909) 981-0250

Mountain Ave & Foothill, Upland

Opens at 7:30 a.m. For Senior Shopping

Stater Bros. Market

(909) 982-3514

Foothill Blvd & Mountain Ave, Upland

Opens at 7:45 a.m. For Senior Shopping

Stater Bros. Market

(909) 981-3237

Mountain Ave & 16th Street, Upland

Opens at 7:45 a.m. For Senior Shopping

Walmart Neighborhood Market

(909) 942-4931

Foothill Ave & Grove Ave, Upland

Opens Every Tuesday 6:00 a.m. - 7:00 a.m. For Senior Shopping

Whole Foods

(909) 579-2670

Baseline Rd & Monte Vista Ave, Upland

Opens 7:00 a.m. - 8:00 a.m. For Senior Shopping

By The Way....



The 2020 Census Has Started To Make Door To Door Visits To Collect Information From Those Individuals Who Have Not Yet Submitted Their Information. If Someone From The Census Department Comes Knocking At Your Door, Please Make Sure You Ask For Their Census Identification. For More Information, Please Visit Their Website At [www. My2020census.gov](http://www.My2020census.gov)



Due to the current COVID-19 public health emergency, State, County and Community Representatives are discussing potential changes to the way the 2020 Presidential General Election is conducted to better protect the safety of voters, election workers, and volunteers. For more information, please call (909) 387-8300 or Visit www.sbcountyelections.com/voting.aspx



Elections Office of the Registrar of Voters



Upland Recreation & Community Services Division

Gibson Cooling Station

**The Gibson Senior Center Is A Designated
Cooling Station When Temperatures Reach
100 Degrees Or Higher.**

**You Can Bring Your Bottled Water, Favorite
Book or Magazine To Read In Our Dining Room.**

**Facial Masks Will Be Required
And The 6ft. Separation Will Be Enforced.**

**There Will Be No Accommodations
For Electronical Device Usages.**

For More Information Call (909) 981-4501.

As Space Is Limited.

**George M. Gibson Senior Center
250 N. 3rd Avenue
Upland, Ca 91786**

Cooling Centers Nearby

Please call locations to confirm available hours.

**Anthony Munoz Community Center, 1240 W. Fourth St. Ontario
(909) 933-3596**

**Archibald Library, 7368 Archibald Ave, Rancho Cucamonga
(909) 477-2720**

**Armstrong Community Center, 12655. Palmetto Avenue, Ontario
(909) 395-2020**

**Chino Branch Library, 13180 Central Avenue, Chino
(909) 465-5280**

**Chino Hills James S. Thalman Library, 14020 City Hall Dr, Chino
(909) 590-5380**

**DeAnza Community & Teen Center, 1405 S. Fern Street, Ontario
(909) 395-2030**

**Dorothy A. Quesada Community Center, 1010 S. Bon View Ave, Ontario
(909) 395-2300**

**George M. Gibson Senior Center, 250 N. 3 Ave, Upland
(909) 981-4501**

Continued

**James L. Brulte Senior Center, 11200 Baseline Rd, Rancho Cucamonga
(909) 477-2780**

**Montclair Library, 9955 Fremont Avenue, Montclair
(909) 624-4671**

**Ontario Senior Center, 225 E. B Street, Ontario
(909) 395-2021**

**Ovitt Family Community Library, 215 E. C Street, Ontario
(909) 395-2004**

**Paul A. Biane Library, 12505 Cultural Center Drive, Rancho Cucamonga
(909) 477-2720**

**Westwind Community Library, 2455 Riverside Drive, Ontario
(909) 395-2506**

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Ways to Eat Well As You Get Older



Know what a healthy plate looks like

See how to build a healthy plate at ChooseMyPlate.gov

1



Look for important nutrients

Eat enough protein, fruits and vegetables, whole grains, low-fat dairy, and Vitamin D.

2



Read nutrition labels

Be a smart shopper! Find items that are lower in fat, added sugars, and sodium.

3



Use recommended servings

Learn the recommended daily servings for adults aged 60+ at heart.org

4



Stay hydrated

Water is an important nutrient too! Drink fluids consistently throughout the day.

5



Stretch your food budget

Get help paying for healthy food at BenefitsCheckUp.org/getSNAP

6

ncoa

National Council on Aging

Slips, Trips and Falls

A Y K S Y P F S E L B A C D E R E V O C N U J F
 Y F Z C A O O Y G C F M L S W K R U S L U S E A
 D S O L Q S N T S H O R T C U T S I T Y C R K H
 B O O U S E H H W V I G S I L M V T A Z Y E C S
 R B B T N L Z V G B X N N H E B Q F M S W D M T
 D S V T G C K R H J W I G B L I D A P G B D W A
 M T I E E A N N A R H T I M W T L B H B S A T I
 C R C R R T P E H O G H S F A L L S S D V L O R
 G U R G A S R F D O L G G W F W H T P K G Q X S
 N C U O W B E K A L T I N L R E J N X X V Y L B
 I T U O A O V Z H F Z L I Q S C V Y J B F B W V
 N E S D G U E P S P N R N G L F S P H W N R P T
 A D S H N I N M S O K O R I I E Q U I P M E N T
 E V S O I Z T H Y H F O A Q P B J F B H B W D X
 L I E U E S I M E S V P W K S C M M R L R Y E Q
 C E C S B I N Q S P I R T Y T O C S C R G T T S
 S W A E R R G F Y E F Y Y K X R X N L P M W T O
 E H F K Z B C C P N N M I H H P I N J U R I E S
 L M R E I E A C S A E P Q N I R R E G U L A R O
 O F U E K D U N D K V A T T E N T I O N F V Q G
 H O S P T S D R A Z A H R E H T A E W V I F Y X
 F M T I F D W Q N E F F B U S W Z S G U R U J W
 N N E N L B K J R X X K J I V O T F W Z J V S Z
 X W W G H U J O O X T G S E O H S N R O W C L F

stairs	rugs	mats	poor lighting
irregular	debris	obstacles	shortcuts
obstructed view	hole	uncovered cables	clutter
warning signs	cleaning	worn shoes	attention
equipment	good housekeeping	being aware	preventing
shop floor	injuries	wet surfaces	ladders
weather hazards	falls	trips	slips